



CORNUCOPIA ORGANICS

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Welcome to our July newsletter and Plastic Free July! The passing of the Winter Solstice marks the rising of Matariki in the sky which traditionally celebrates new beginnings. We need to begin to not just avoid single use plastic, but to collectively find a way to live with less plastic in our lives generally.

Plastic Free July.

Plastic Free July is a global movement that supports people be part of the solution to plastic pollution. It is also a worldwide challenge with millions of participants in over 170 countries. The original message behind Plastic Free July is to choose to refuse single use plastic for one month. At the end of the month take a look at how much you have reduced your household's waste by and then turn some of the new behaviours into lifelong household habits. Here in Aotearoa, Plastic Free July is growing every year with more and more people getting behind the Plastic Free Movement.

Plastic Free July provides resources and ideas to help you reduce single-use plastic waste everyday at home, work, school, and at your local café and shops. Check out their website on www.plasticfreejuly.org



Here is some advice for how to start:

- Set yourself up with a travel kit: Reusable coffee cup, refillable drink bottle, reusable cutlery and plate set in their own bag to take to work and out and about.
- Do a waste check of your weekly rubbish/landfill and recycling and then make a plan to refuse, reduce, replace one item each week/month.
- Start by trying to eliminate items in packaging that goes to landfill; items in soft plastic (plastic you can scrunch in your hands into a ball), any tetrapac cartons etc.
- If you are currently putting food scraps in the rubbish bin, set up a compost, worm farm or bokashi bin. Meal planning will also help you to minimise food waste!
- Support local businesses and buy unpackaged products, bulk goods and second hand goods.

If you are in Hastings and Napier, both councils are now only collecting clean plastic bottles with the recycling symbol numbers 1 and 2. This is forcing us to move up the waste hierarchy from recycling to reduce, reuse, refuse, and this is where we can really make a difference! Once you get into it, it is a rewarding journey. It can connect us more with our environment and make us more conscious of what we buy and what we can make or go without!

Special Offers (while stocks last)

- "Good Health" Advanced Probiotics and other Good Health products on permanent special.
- "Vita Biosa" Organic liquid probiotic . 500ml \$25.90 & 1 lt \$41.90
- "Nutra Organics" Bone Broth Powder and Chicken Broth powder \$30.90.
- "Harkers" Elixirs on Special and more specials in store!



New Products

- 'Tahi' NZ grown Spirulina \$19.90 for 100gms
- "Pure Blend" deodorants in cardboard tube and toothpastes in recyclable tins.
- "Pure Blend" BULK 20 lt. Washing Powder, Toilet Cleaner, Floor Cleaner and more!
- "Caliwoods" Stainless steel pegs and re usable cups.
- "Soap Shakers" with dish wash soap included free.

Pare Kora

Para Kore means Zero Waste. It is a programme that works with marae to increase the reuse, recycling and composting of materials, thereby helping to reduce the extraction of natural resources and raw materials from Papatūānuku.

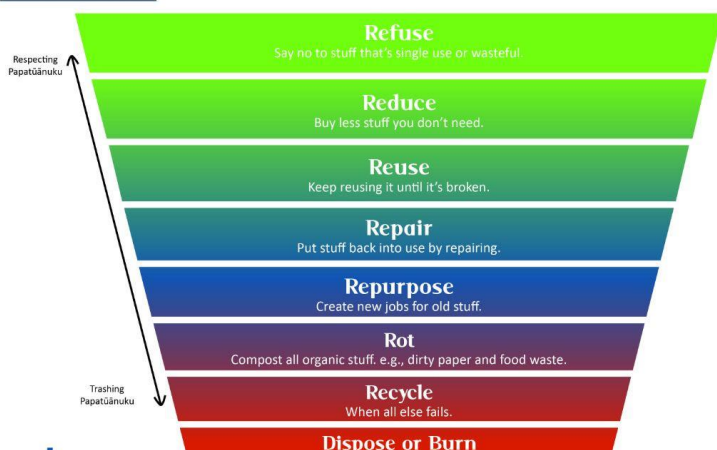
It is also a *call to action* that aims to end the current *take, make, and dispose* mentality of human society. Zero Waste is a *policy, a path, a target*. It is a *process, a new way of thinking*. Most of all it is a *vision*. It's a new planning approach which *closes the loop*, so that all waste is a resource for another process.

Humans are the only species on the planet that do not live by zero waste principles. The natural world does not create waste. Everything at the end of its life, whether a plant or animal, becomes part of another system. A dead insect becomes kai for another insect, a tree that falls in the bush rots and provides nutrients to the earth for new growth. Everything in nature is part of a closed, continuous, endless cycle.

It will be 10 years this October since Para Kore was launched. If you are keen to find out more check out their website: <http://parakore.maori.nz/contact-us/>

Check out Plastic Free Hawke's Bay, Te Matau a Māui. An awesome local group promoting living with less plastic, they have talks, clean ups and more!

The Waste Hierarchy



Snippets and Info

- **GIVE AWAY!** Every week day during Plastic Free July, Cornucopia will give away something to one lucky shopper to help you on your Plastic Free journey So come on in and shop with us . We have all you need !
- **FREE** Cornucopia Organic printed bags given away each week in July. Pop your name in the bag instore.
- Check out our ever expanding Bulk Refill Area.
- Bring your empty containers for refilling & leave them with us to refill & pick up later if you are short of time.
- We have a customer car park at the rear of our shop in case you didn't know!
- We have qualified & experienced Naturopaths & Herbalists in store every day to offer advice & support

You can also



us on Facebook by searching for us @cornucopiaorganics

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Spiced Vanilla Nut Milk or Grain Milk



Plant-based milks are so easy to make and will give you a delicious product that doesn't have the additives or the non-recyclable tetra pack!

- 500 ml nut milk, we like almond best! or rolled oats, rice, hemp or quinoa.

- 1 x vanilla pod, seeds scraped out or ½ teaspoon of pure vanilla extract.

- ¼ teaspoon ground cinnamon or turmeric, cardamom and black pepper.

- 1 teaspoons honey

Pour the milk into a jar and add all the other ingredients.

Shake until everything is combined, this may take a little bit of effort with the honey.

Pour into cups, if you prefer it cold, serve at this point.